

What is the A1C test?

The **A1C** test, also called the **hemoglobin A1C** test, **HbA1C**, or **glycohemoglobin** test, is a blood test that reflects the average level of glucose in your blood during the past 3 months. Your A1C test result is given in percents. Your doctor might use the A1C test to help diagnose your diabetes. Your doctor will draw a sample of your blood in the office or send you to a lab to have a sample of your blood drawn for the test. After being diagnosed with diabetes, you should have the A1C test at least twice a year.

Your A1C result plus your record of blood glucose numbers show whether your blood glucose is under control.

- If your A1C result is too high, you may need to change your diabetes care plan. Your health care team can help you decide what part of your plan to change. For instance, you might need to change your meal plan, your diabetes medicines, or your physical activity plan.
- If your A1C result is on target, then your diabetes treatment plan is working. The lower your A1C is, the lower your chance of having diabetes problems.

This chart shows the A1C goals for different types of people with diabetes.

Types of People	A1C Goals
Most people with diabetes	below 7%
Women with diabetes who want to get pregnant or who are pregnant	below 6%

A1C goals can also depend on

- how long you have had diabetes
- whether or not you have other health problems

Ask your doctor what goal is right for you.



This chart shows how your A1C result may match up to your average blood glucose number.

What Your A1C Result Means	
My A1C Result	My Average Blood Glucose Number
6%	135
7%	170
8%	205
9%	240
10%	275
11%	310
12%	345